



## **Leading With Emotional Intelligence**

### **Course Objectives:**

- Describe the importance of emotions and emotional intelligence to effective leadership
- Diagnose the negative consequences of unmanaged emotions and low emotional intelligence in leaders, individual contributors and teams.
- Increase your level of emotional intelligence in four areas:
  - Your emotional self-awareness
  - Your self-regulation
  - Your self-motivation
  - Your social awareness (empathy)
- Apply the principals of emotional intelligence to key leadership activities:
  - Building trusting relationships
  - Creating a culture that encourages openness and authenticity
  - Building unified teams

### **Course Content:**

1. Introduction to Emotional Intelligence
2. Leading yourself in an Emotionally Intelligent way
3. Building relationships in an Emotionally Intelligent way
4. Building an Emotionally Intelligent team

### **Delivery Format:**

- Mini-lecture
- Small group exercise
- Small and large group discussion
- Emotional Intelligence Appraisal